PRESIDENT AMADOR TALKS ABOUT HIS COUNTRY AND UNITED STATES

The Chief Executive of the Baby Republic Talks Freely With Mr. Carpenter, The Times-Dispatch's Special Correspondent.

PANAMA, May 15 .- The "White House" the Panama republic is light blue. It is a large two-slory building, situated with a fine outlook over Panama bay cial title is "the Palacio de Gobierno." und it forms both the offices and resi-dence of Piessient Manuel Amador-Guerrea, the George Washington of the

dence of Piesident Manuel AmadorGuerrea, the George Washington of the
new republic.

A squad of policemen armed with
rifies was marching up and down in
front of it when I called there not long
ago with Minister Barret. As we approached they saluted us, but the minister raised his hand and the guns
gropped and we passed through.
Entering the door we came into a
patto, or hollow court, surrounded by
the living and reception rooms of the
mansion. In the center of the court
palms were growing. Its floor was of
tiles and balconies ran about it at the
second story. We crossed the ratio and
went upstairs to the state reception
room, and hence on into the president's
private parlors, where Mr. J. E. Lefevre,
the executive secretary, met us and told
us that his excellency was expecting
our visit.

A moment later the president entered

visit.

moment later the president entered

Mr. Barret formally presented me,
we arranged an appointment for
ay, when he should give me a tak

pendence of Panama before the 5th of the mouth following. This he did on November 3d, and after the constitution was adopted he was elected the first president, which position he has now held for more than one year,

How the President Looks.

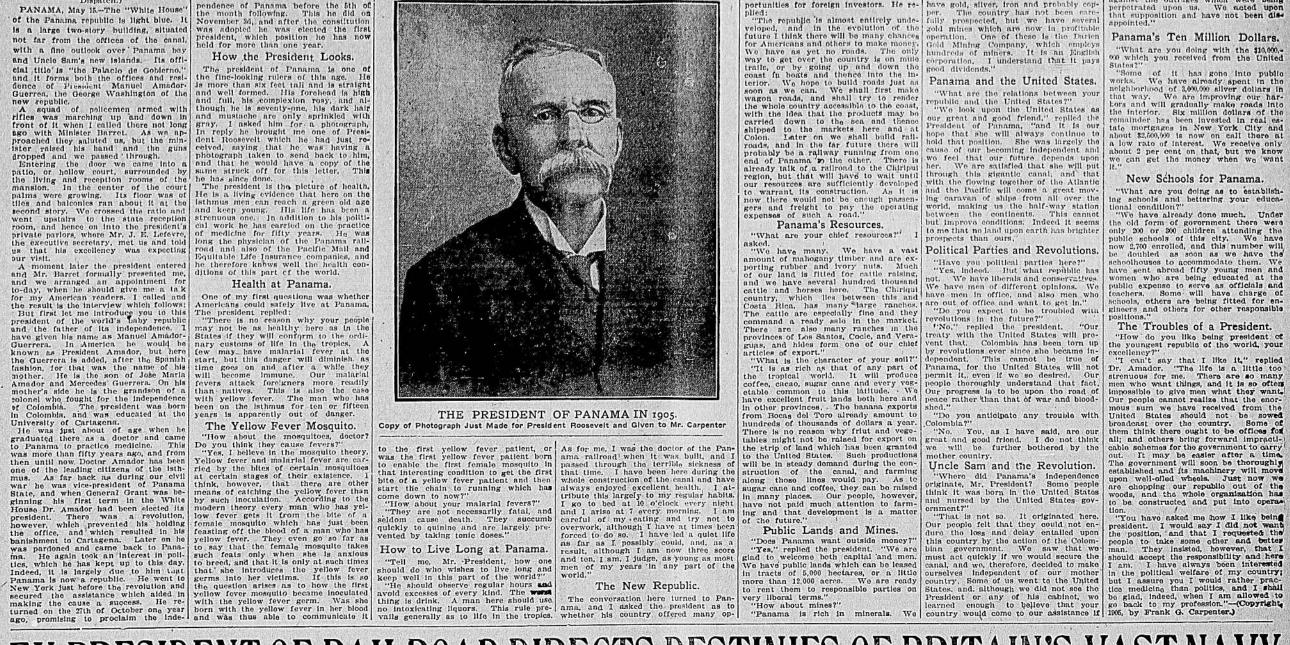
How the President Looks.

The president of Panama is one of the fine-looking rulers of this age. He is more than six feet tail and is straight and well formed. His forchead is high and well formed. His forchead is high and full, his complexion rosy, and although he is seventy-one, his dark hair and musiache are only sprinkled with gray. I asked him for a photograph. In reply he brought me one of President Rossevelt which he had just received, saying that he was having a photograph taken to send back to him, and that he would have a copy of the same struck off for this letter. This he has since done.

The president is the picture of health. He is a living evidence that here on the isthmus men can reach a green old age and keep young. His life has been a strenuous one. In addition to his political work he has carried on the practice of medicine fee fifty wears.

cirl work he has carried on the practice of medicine for fifty years. Hg was long the physician of the Panama rall-road and also of the Pacific Mall and Equitable Life Insurance companies, and he therefore knows well the health conditions of this part of the world.

Health at Panama.



portunities for foreign investors. He replied:

"The republic is almost entirely undeveloped, and in the evolution of the future I think there will be many chances for Americans and others to make money. We have as yet no roads. The only way to get over the country is on mule trails, or by going up and down the coast fa boats and thence into the interior. We hope to build roads just as soon as we can. We shall first make wagon roads, and shall try to render the whole country accessible to the coast, with the idea that the products may be carried down to the sea and thence shipped to the markets here and at Colon. Later on we shall build railroads, and in the far future there will probably be a railway running from one end of Panama to the other. There is already talk of a railroad to the Chiripia region, but that will have to wait until our resources are sufficiently developed to warrant its construction. As it is now there would not be enough passengers and freight to pay the operating expenses of such a road."

Panama's Resources.

Panama's Resources.

"We look upon the United States as our great and good friend," replied the President of Panama, "and it is our hope that she will always continue to hold that position. She was largely the cause of our becoming independent and we feel that our future depends upon her. We are satisfied that she will put through this gigantle canal, and that with the flowing together of the Atlantic and the Pacific will come a great moving caravan of ships from all over the world, making us the half-way station between the continents. This cannot but improve conditions: Indeed it seems to me that no land upon earth has brighter to me that no land upon earth has brighter prospects than ours,"

Political Parties and Revolutions.

"Have you political parties here?"
"Yes, indeed. But what republic has not. We have liberals and conservatives. We have men of different opinions. We have men in office, and also men who are out of office and wint to get in."
"Do you expect to be troubled with revolutions in the future?"

Panama's Ten Million Dollars. "What are you doing with the \$10,000,-0 which you received from the United

New Schools for Panama.

"What are you doing as to establish-ng schools and bettering your educaing schools and bettering your educa-tional condition?"
"We have already done much. Under the old form of government there were only 200 or 200 children attending the public schools of this city. We have now 2,700 enrolled, and this number will now 2.700 enrolled, and this number will, be doubled as soon as we have the schoolhouses to accommodate them. We have sent abroad fifty young men and women who are being educated at the public expense to serve as officials and teachers. Some will have charge of schools, others are being fitted for engineers and others for other responsible positions."

EX-PRESIDENT OF RAILROAD DIRECTS DESTINIES OF BRITAIN'S VAST NAVY

Earl Càwdor, a Man Who Has Made a Brilliant Record in Conduct of Railroads.

By Frederick Miles Bernard.

When President Roosevelt called Paul Morton from out of the West to take over the reins of the Navy Department there was a howl from a section of the party. Morton was not a party man, for was he not the successful executive head of a great rullroad? History in the Morton case made in the United States has repeated listed in England, as allors in the British Navy and rose man, for was he not the successful executive head of a great rullroad? History in the Morton case made in the United States has repeated listed in England, and Strick States has repeated listed in England, and read of the Railroad? A man by the name of Campbell—3 (Don Campbell). Of Campbell, of Cawdor, born and many by the name of Campbell, of Cawdor, born in 1695, occupied the same position as the first week in March, a man by the name of Campbell—3 (Campbell—4) and the first week in March, a man by the name of Campbell—3 (Campbell—4) and the first week in March, a man by the name of Campbell—3 (Campbell—4) and the first mame taken up was called that simultaneously the dealing man. And so Candor in light have done so, but as a member of the Cabinet I am atraid my utterances for publication will have deelight Theodore Roose to the Cabinet I am atraid my utterances for publication will have delight Theodore Roose of the Cabinet I am atraid my utterances for publication will have done so, but as a member of the Cabinet I am atraid my utterances for publication will have done so, but as a member of the Cabinet I am atraid my utterances for publication will have delight Theodore Roose to the cabinet I am atraid my utterances for publication will have delight Theodore Roose of the Cabinet I am atraid my utterances for publication will have done so, but as a member of the Cabinet I am atraid my utterances for publication will have done so, but as a member of the Cabinet I am atraid my utterances for publication will have the Cabinet I am atraid there was a howl from a section of the party. Morton was not a party man—in fact, he had been for long a member of the opposition party. But the President realized that Morton was a business man, for was he not the successful executive head of a great railroad? History in the Morton case made in the United States has repeated itself in England. The head of England's Navy Department was changed in the first week in March, A man by the name of Campbell—a Scotch-Welshman, who is in the House of Lords as the Earl of Cawdor—was appointed.

appointed.

When the announcement was made

When the announcement had a fit When the announcement was made the English taxpayer almost had a fit. A great how went up. "He's not a party man," they shouted. Others laughed. "Cawdor, Cawdor? Let me see. He's a railroad president. What can he know about the Navy?" First and foremost, Cawdor is a successful business man; experienced in the execulions of money. He was chairman of the Great Western Railway of England, the second largest in the kingdom and he most prosperous. When Cawdor took old of it ten years ago it was a losing porture and not even equipped up to the requirements of a first-clas road.

History Repeats Itself. So history made in the United States has repeated itself in England. Morton and Cawdor, former railroad executives in their respective countries, are now rulers of the two great Anglo-Baxon Navies. Both were selected for their business qualities and political qualifications.

cations.

In England the Secretary of the Navy In England the Secretary of the Navy is called the First Lord of the Admirality. He is in the Cabinet and Privy Council. With one or two notable exceptions the position has been always a political one, and the chief duty of the holder has been to answer questions in Parilament and generally represent the Government of the day in the Navy and the recovered Navy estimates. The First ment and generally represent the Government of the day in the Navy and the important Navy estimates. The First Lord has a side partner, so to speak. This is the First Sea Lord. The latter personage is always a sailor. He is sometimes called with his official title of Senior Naval Lord of the Admirality, He is the Commander-In-Chief of the Navy, and in a majority of cases in the past has been the real head of the Navy. Admiral Sir John Fisher is the present man at the helm. He is much like the late Admiral Sampson of the U. S. Navy in that he has theoretically and practically all naval matters at his finger ends. He is a sailor every inch, and has served his whole life beginning from the bottom. When Prime Minister Balfour had to make a change in the Navy Department, according to report, he went to Sir John Fisher and asked him to suggest a man for First Lord. "Get a husiness man," said the bluff sailor. "A man who can handle successfully a hundred thousand men and several millions of money. I know the ropes of the Navy want a plain unvarnished man of business.

Hunted for Cawdor.

to the exalted rank of Rear-Admiral and Admiral of the White, One an-cestor, John Campbell, of Cawdor, born in 1695, occupied the same position as



EARL OF CAWDOR.

the Earl of Cawdor, to-day, that of Lord of the Admirality. Will Not be Interviewed.

Finger ends. He is a sallor every inch, and has served his whole life beginning from the bottom. When Prime-Minister Balfour had to make a change in the Navy Department, according to report, he went to Sir John Fisher and asked him to auggest a man for First Lord, and husiness man," said the bluff sallor. "A man who can handle successfully a hundred thousand men and several millions of money, I know the ropes of the Navy want a plain unvariable men of business.

Hutted for Cawdor.

For a week Balfour and his Cabinet cast about for a business and. They moustache and closely cropped gray har, but their or analysis of the contention of the Gray of the street and found at the bill, great manufacturer or baker, butcher or candistick maker. Bankers handled money, but not men, merchant princes handled men and women and money, but in ways which hardly filled the bill, great manufacturers and foundary more than the bill, great manufacturers and foundary more more or less missed up with government contracts, and so they passed on the executive officers of the great in the content of the executive officers of the great in the bottom, which is a sallor way in the limited in the principle of the principle o

"Well, I shouldn't be quoted, you know, but my family motto is my only business maxim. It is, 'Be Mindful,' and I think it is a good business maxim. In all things you do, be mindful,' And then he rose quickly and shook hands. Al-

Building in Whitehall. The office hours are 10 to 5 o'clock, but Lord Cawdor has a stonished the janitors of the building by demanding admittance at 9 o'clock. He has a magnificent suite of offices in this great building which also provides officies to his assistants, i.e. First.

Second. Third and Fourth Sea Lords to all lovers of the Highlings is known. He has a magnificent suite of offices in this great building which also provides offcles to his assistants, i.e. First, Second, Third and Fourth Sea Lords of the Minder and Fourth Sea Lords of the Admirality, who are all Navy men, and the Civil Lord, and a half dozen Junior Lords. Of course all the Under Secretaries and department staff are also quartered in the building. Lord Cawdor and his family live in a wing which extends all round the Gardens, in the rear,

the rear,
Directs Expenditure of \$180,000,
OCO.

He gets a salary of \$25,000, and has six private and assistant secretaries. He has the handling of about 130,000 men and over \$180,000,000. He has an Admiralty yacht, the Enchantress, at his sole command, and is authorized to travel all over the world inspecting naval ports if he so desires. His position compels his daily attendance in the House of



COUNTESS OF CAWDOR.

a local guide book with unconscious humor describes as "the usual medieval accessories of dungeons and secret stair-cases." But most unusual is the vaulted d cases." But most unusual is the vaulted dungeon, where still grows and blossoms each spring a famous hawthorn tree, which is said to be as old as the tower above it. Of thrilling interest is the secret hiding-place of that Lord Levat who sought shelter with the ancestors of Lord Cawdor during '45; and the long connection between the Campbells and Prasers was again made closer, if that were possible, during the late South African war, when Lord Cawdor's third son, Raph Alexander Campbell, acting as adjutant of Lovat's Scouts, performed deeds of such galantry as to bring his name twice into mention in despatches.

Descendant of Famous Thane of Cawdor and Man With Family

That Would Please Roosevelt. him to pack all his treasures in a chest,

while the original chest stand near by Once a year the toast, "Freshness to the hawthorn, and prosperity to the line of Cawdor," is drunk by the members of the family, who assemble round the

anders from the chairmanship of the colonel of a fine regiment of Welsh Ar-tillery Volunteers whose smartness and officiency are widely known. He is also an honorary Commissioner in Lunacy and an Aide-de-Camp to the King.

Is a Good Speaker.

Is a Good Speaker.

Last, but not least, he is a most valuable member of the Council of the Royal Agricultural society, wherein the business head is always necessary as it is at Whitehall. He was a member of Parliament for cloven years as a Conservative representative from Wales when he was Lord Emilyn. He was one of the most cloquent speakers of the day; at repartee he is as swift as an Irish momber, and more effective. He used to address the House with considerable effect upon questions connected with the land (whether English or Irish), and upon Church questions. He also became an authority upon the rules of procedure, and was generally at the elbow of the famous "Fourth Party" (sometimes he was called to their councils) if any subtle piece of mischief was brewing.

His son, the present Lord Emlyn, who will be thirty-five in June, is oredited His son, the present Lord Emlyn, who will be thirty-five in June, is credited with considerable political ambition. His marriage to Miss Jean Thynne took place with considerable political ambition. His marriage to Miss Joan Thynne took place in Westminister Abbey six years ago, and brought together, in every sonse of the word, a great gathering of the clans. The pride this branch of the Campbell family feel in their historic home was significantly shown at the christening of Lord and Lady Emlyn's little son, who bears as his middle name that of Duncan. Lord Cawdor was just over fifty when he succeeded to his earldom, seven years ago, but hard work and a great regularity in all that concerns his daily life have kept him surprisingly young in appearance and manner, and perhaps he may live to echo the remark attributed to the King, when still Prince of Wales some years ago, that "examples have heen known of men whose careers may be said to have only begun after they have reached the ago limit of sixty."

From his place in the Heuse of Lords

sluggishness of mental and physical functions, slowness of circulation and degeneration of the arteries of the brain prometry of the arteries of the brain prometry of sleep is sufficient for an adult.

The skin ought to be kept in a healthy and vigorous condition by the daily bath,

The stimple way to live to an old age and in health, to continue preservation of intelligent activity and happiness, consists in a careful attention and practice of the many rules herein laid down.

WAY TO LIVE LONG.

Refrain from Eating Large Quantities of Meat and Eggs-Alcohol is Quite Unnecessary for Most Persons.

The question of the possible duration of human life, when put to great statesmen, scientists and others who have reached almost to the century mark of life, has been answered in various ways. It was supposed that old and intelligent men would naturally have formulated some theory to account for the length of their lives.

Von Moltke, at the age of 90, was still possessed of fine intellectual power and

Von Moltke, at the age of 90, was still possessed of fine intellectual power and remarkable vitality. When asked how he managed to live so long and in such excellent health, he replied:
"By great moderation in all things, and by regular out-of-door exercise."
Crispl, the famous Italian statesman, said, "Regularity and abstinence are the secrets of long life."
Neal Dow, the American apostle of temperance reform, replied, when asked the question, "Refrain from fretting."
Cornaro replied, "Extreme temperance in eating and drinking."
Dr. G. N. Pope, the aged Tamil scholar, said: "Be sure to have some great lifework to do which holds you upon the earth for the accomplishment of a purpose and you will live."

pose and you will live."

These words from the lips of eminent men who lived to a wonderful old ago are of intense interest, but they are not the cold and judicial advice of the scientist, who, however, does not agree

scientist, who, however, does not agree with them altogether.
Recently I worked out a plan, the rules of which, if followed carefully, will result in increased longevity. My first word of advice to those who would live long is to avoid disease, especially such disease as one is disposed to contract through inherited weakness. This is to be done by knowing one's own predisposition to disease and exercising the necessary care in occupation, general habits, and diet, that will 'indefinitely postpone the attack to which one is predisposed from birth.

I advise such care in diet and general habits of life as will defer as long as possible the hardening of the coats of the blood vessels, that generally comes on before its matural time, and other deteriorations of bodily vigor that are the concomitants or equivalents of the physical conditions of old age. In old age the tissues dry up and the joints stiffen. Keep your tissues moist, and your joints well oiled.

The first thing needed to keep the tissues healthy and strong and the ya-

every day. Regularly taken exercise of alcohol is to be regarded as highly strengthens the heart, thereby causing that great organ to pump the fluids of Little tea and coffee will go a long the body to the remotest corners an thereby improving nutrition and causin all the other organs to do their natur work and to take a delight, so to speak in doing their natural work, This nutrition abundantly supplies the

This nutrition abundantly supplies the body with power and furnishes material for the combustion, which, when sufficiently strong, gives the body the ability to resist chills, which are the natural enemies of life. A prerequisite to the successful effect of exercise is oxygen, Hence fresh air in plenty is the second useful thing.

Among other circumstances influencing the duration of life, heredity is of the

the duration of life, heredity is of the greatest influence. Those whose an cestors have lived to great ages have a cestors have lived to great ages make a good chance of longevity, while those whose parents and blood relations have died early have mostly inherited a tendency to short lives, yet it is possible, by judicious arrangement of the manner of living to increase the duration of their lives, especially by counteracting the tendencies of which their short-lived processes have died.

the tendencies of which their short-lived ancestors have died.

There should be moderation of enting and drinking, especially in regard to meat foods.— The rule of moderation applies to the whole life, but the necessity for it is increased in old ago, when the organs and tissues are able to take up only a much smaller amount of nourishing material than in youth. Few people have any idea of the small amount of food required in old ago, and the fear of many persons that by enting little they may lose strength is entirely unfounded.

In the matter of food my recipe for

injurious.

Little tea and coffee will go a long way. These liquids should be taken moderately and in a diluted condition.

The use of tobacco in any form is considered injurious to the system, the poison acting particularly on the stomach and heart. The majority of men, however, derive a cortain amount of comfort from using tobacco and therefore may take it in small quantiles.

Great temperance in all these theres.

may take it in small quantiles.

Great temperance in all these things, when they are used at all, will prevent the shortening of life that comes to their free use.

As the nervous system exercises great power on all the functions of the body, it ought to be kept in a healthy condition, by regular mental work and judicious occupations. The foar often expressed, that steady mental work is likely to wear out the brain too soon is expressed. pressed, that steady mental work is like-ity to wear out the brain too soon, is en-tirely unfounded. The wearing out theory is wrong as well for mental as for physical work, both of which may be continued in old age. Well directed mental work assists the nutrition of the brain in a similar way,

ns action of muscles promotes its n trition. Work is the best prevently of mental depression and the most pov of mental depression and the most powerful promoter of a cheerful mental frame, a contented mind, sympathy and hope, which exercise a highly beneficial effect on every function of the body. Fat and gouty idlers, who are afraid of death, should study zoology, chemistry, or some other science. Lord Salisbury was one of the most enthusiastichemists in England. Bismarck and Gladstone, Crispi and others were statesmen; Pope Leo XIII had the care of his great church on his mind; Dadwin, Spencer, Huxley, Secchi, Dalton and a hundred other scientists and philosophers lived to an old age, although they were physically complaining almost their entire lives.

Inseparable from the functions of the brain, sleep is most essential, which is to some people se dear that they sleep away more than half of thoir lives. Too much sleep is injurious, causing sluggishness of mental and physical functions, slowness of circulation and degeneration of the arteries of the brain. Prom five and half to seven hours of sleep is sufficient for an adult.

The skin ought to be kept in a healthy and vigorous condition by the daily bath.